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Heal the heart: Reflection of a cardiac nurse

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Cardiovascular disease is becoming crisis and major cause of morbidity and mortality in every part of the world. The most significant action of nurses as caregivers is to prepare clients for self-care. Effective teaching by a cardiac nurse has demonstrated the prospective to increase patient satisfaction, improved the quality of life, ensured continuity of care and has decreased client's anxiety for the post discharge phase. It has also effectively reduced the complications of illness and the incidence of reoccurrence of disease. Expert nursing care is essential for patient care in the rehabilitation of the client. It is the nurse who spends most of the time with the patients and their families. The cardiac nurse provide the type of care that allows patients and families to make they prepare for home care setting. The responsibility of a cardiac nurse in the care of a patient includes offering emotional support, extending communication with the family, enabling effective post care which focuses on hygiene and wound care, dietary guidelines, rehabilitation, medication compliance, regular follow ups and lifestyle modifications, etc. They also encourage caregivers to maintain a healthy lifestyle during the periods of caregiver burden, as well as during hospitalization. By listening to their concerns, nurses can make a difference in the ability of a client to move towards their life goals, such as appreciation of a significant relationship, acceptance of change and development of new life patterns and relationships.

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